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WHAT IS CLAIMED IS:

1. A spring comprising an amorphous metal to serve as a power source.

2. A spring according to claim 1, wherein said spring is incorporated with an initial flexure into a substrate or a main plate.

3. A spring according to claim 1 or 2, wherein said spring has a circular cross-section with a diameter of at least 0.05 mm, or a rectangular cross-section with a thickness of 0.01 mm and a width of at least 0.05 mm.

4. A spring according to claim 1, wherein said spring comprises a non-magnetic material.

5. A spring according to claim 1, wherein said spring is formed by integrally laminating a plurality of amorphous metal sheets.

6. A spring according to claim 5, wherein said plurality of amorphous metal sheets are integrally laminated by means of a synthetic-resin-based adhesive.

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8. A mainspring according to claim 7, wherein:
the mainspring has an S-shaped free exploded shape,
with a curvature changing point where there is a change in
the curving direction of the free exploded shape, formed
inside an intermediate point between an inside end serving
as the winding side end and an outside end serving as the
other end of said inside end.

9. A hairspring comprising a spring according to any one of claims 1 to 4.

10. A timepiece using a mainspring or a hairspring according to any one of claims 7 to 9.

11. A driving mechanism using a mainspring comprising a mainspring according to any one of claims 7 and 8, and a train wheel transmitting mechanical energy of said mainspring, comprising:

~~two or more mainsprings and a plurality of barrel drums
for housing these mainsprings;~~

wherein said train wheels are engaged simultaneously with said plurality of barrel drums.

said plurality of barrel drums are engaged with said train wheels at phases shifting from each other.

13. A timepiece using a driving mechanism utilizing mainsprings according to claim 11 or 12.